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THAT'S THE PLAN FOR BEN'S COMEBACK AFTER YEARS OF OVEREXPOSURE LEFT PEOPLE SICK PAGE 17

The sky's the limit? Yeah, Canucks think a little bolder

Canada's next batch of astronauts say future of space travel is bright PAGE 4

Faster than a bullet but way behind social change

Superman baby pyjamas say boys can be heroes, but girls just get to date one PAGE 13

DeRozan isn't going to be all right this season

Raptors all-star spent the summer training his left hand for versatility PAGE 28

NEWS WORTH SHARING.

RUSH HOUR HAVOC

A Toronto Transit Commission worker helps people line up for shuttle buses at Keele Station on Tuesday. A major section of Toronto's subway system shut down during the morning rush hour after ground water and silt leaked onto the tracks through a week-old hole, the TTC said Tuesday. The line was back up and running before the evening rush hour. Go to metronews.ca for the full story. HANNAH YOON/THE CANADIAN PRESS

Critics seek new intern laws over mass violations

Results of inspection blitz. More than 40 per cent of employers found breaking laws

Critics of unpaid internships say the government's own inspection results prove that illegal employment practices are more prevalent than previously thought.

"The blitz showed that these violations are widespread — almost the norm," said Ella Henry, co-chair of Students Against Unpaid Internship Scams.

"The existing complaints-based enforcement mechanism just isn't working. It isn't deterring employers from breaking the law."

Henry applauded the ministry for carrying out the blitz but said it isn't enough.

"If you're doing an internship, you're not doing it for pay; you're doing it for reference letters. If you file a complaint, that's out the window," she said. "We need proactive, ongoing enforcement — because it's up to the government to enforce the law, not interns."

On Tuesday, Ontario's Ministry of Labour released the results of a blitz it carried out this spring, in which more than 40 per cent of employers with interns were found to be breaking the law.

The ministry inspected 31 businesses with interns in the GTA and found that 13 were breaking the Employment Standards Act. It ordered them to pay $48,543 in back pay after they were found to have not respected the minimum wage or rules on vacation or public-holiday pay.

Many employers say they simply don't understand their responsibilities. That's why the NDP is calling for an "intern bill of rights" to be posted in such businesses. A private-members bill calls for the ministry to allow anonymous complaints to be filed against employers. TORSTAR NEWS SERVICE

Shutdown

After a previous round of inspections earlier this year, the Ontario government shut down unpaid internship programs at two popular magazines — Toronto Life and The Walrus — among other places.

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FIVE THINGS YOU NEED TO KNOW TODAY

1
OUT OF THIS WORLD
Planetary Radio presents an onstage discussion about the Canadian space program with Bill Nye and astronaut Jeremy Hansen at U of T Convocation Hall on Wednesday. See brownpapertickets.com.

2
FEEL THE RHYTHM
Raise the Rhythm gathers the artistic community in T.O. through music, dance and fashion Wednesday at Danforth Music Hall. Hear music by Vita Chambers and see a runway fashion show.

3
PLASTIC NOT SO FANTASTIC
California has become the first U.S. state to ban single-use plastic bags. A new bill preserves more than 100 local plastic-bag bans.

4
TORCH ROUTE
The torch relay route for the Toronto 2015 Pan Am Games is set to be revealed today with the help of ex-astronaut Chris Hadfield and Olympians Simon Whitfield and Catriona Le May Doan.

5
COMING SOON
Online streaming firm Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger, Hidden Dragon sequel available online as it debuts at IMAX cinemas.

Wynne wants ranked ballots for 2018 municipal elections

Votes. Proponents argue new system would be more democratic than first-past-the-post

Premier Kathleen Wynne has ordered her municipal affairs minister to give Ontario cities the option of using ranked ballots in the 2018 civic elections.

In her mandate letter to Ted McMeekin, Wynne spells out the importance of leading "from the activist centre" with democratic reforms.

"We will place emphasis on partnerships with businesses, communities and people to help foster continued economic growth and make a positive impact on the lives of every Ontarian," the premier wrote.

Significantly, Wynne has instructed McMeekin to begin "a review of the Municipal Elections Act after the 2014 municipal elections" next month.

"You will ensure that the act meets the needs of communities, and that it provides municipalities with the option of using ranked ballots in future elections, starting in 2018, as an alternative to first-past-the-post," she wrote.

In a ranked-ballot system, voters cast ballots for preferred candidates — 1 for their favourite, 2 for their second choice, 3 for their third and so on — instead of for just one candidate.

If no one receives 50 per cent of the No. 1 votes, an instant run-off is held so the last-place candidate drops off the ballot and their second-choice votes are allocated to the surviving candidates.

The process continues until a candidate wins a simple majority of 50 per cent plus one.

Proponents argue it is more democratic, curbs vote-splitting and leads to less polarizing politics because candidates run less negative campaigns over fears of alienating potential second-choice supporters.

Dave Meslin, head of Ranked Ballot Initiative of Toronto, praised Wynne for keeping a campaign promise to revamp the system.

"Voters would have a lot more choice," said Meslin, noting if the ranked-ballot system were in place in the current Toronto mayoral contest, former "candidates like David Soknacki and Karen Stintz would likely still be in the race."

Those opposed to the change warn ranked ballots can be confusing for voters — even though under the current "first-past-the-post" system, candidates routinely win with far less than 50 per cent of the vote. TORSTAR NEWS SERVICE

Quoted

"There would be no talk of strategic voting. It's a real shame for people before an election to be told not to vote for the person they want."

Dave Meslin
Ranked Ballot Initiative of Toronto

Premier Kathleen Wynne says ranked ballots should be an option by 2018.
TORSTAR NEWS SERVICE

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Have rocket, will travel

'Maybe we'll colonize Mars.' Next generation of Canadian astronauts ponder the future of space travel

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Canadian astronauts Jeremy Hansen and David Saint-Jacques see a booming age of space travel on the horizon.

They went head-to-head in the Amazing Canadian Space Race in Toronto on Tuesday, completing tasks across the city — running an obstacle course at Defence Research and Development Canada (DRDC), building landing gear for a mock Mars probe at the Ontario Science Centre and mastering the OSIRIS-Rex laser altimeter at York University — as a group of volunteer "tweeps" tweeted out their tasks.

Between tasks, they talked to Metro about the future of Canadians in space.

Neither Hansen nor Saint-Jacques have been on a space mission, yet, but are seen as next in line.

"In Canada we had six astronauts chosen in the early '80s, four in the early '90s and then David and I in 2009," said Hansen.

While no astronauts have been selected for the Canadian space program since, he believes more will be chosen, more frequently, in the near future.

"Young Canadians today are going to have a lot more opportunities than my generation had.

"Right now, we only have one vehicle to get people to space, the Russian Soyuz rocket," he added. "We can only fly 12 humans in space a year.… That's why there's not a lot of recruiting right now."

According to Hansen, with the development of American and private commercial shuttles, there will be a greater capacity for astronauts in the future.

"You will have commercial astronauts in the future who never go through a government astronaut program," said Hansen.

"It is going to turn into space tourism, where people are going into lower Earth orbit at much reduced cost, maybe visiting space hotels in lower Earth orbit — I think it's going to happen, and that's very exciting," he said.

Saint-Jacques said he also sees a future in private spaceflight. "It means we can master the basics of spaceflight enough that governments can pull out and let just anybody who dares, has enough creativity, try it themselves," he said.

"Of course, I think we remain a basically earthbound species, but we need to get out of our house to look at it. Space exploration has given mankind the opportunity to look back at Earth, look back at ourselves. In a way, become wiser."

Saint-Jacques said space travel is intrinsically international and big-picture.

"You cannot help but think in big picture when you deal with space — the Earth as a whole, floating in the middle of space. Space, humans altogether, living on this little ball — without dismissing political problems, you kind of take a step back and say there's a real responsibility to stand up and work together."

Earth politics happened to be active on Tuesday as he spoke.

The Amazing Canadian Space Race was organized in conjunction with the 65th International Astronautical Congress at the Metro Toronto Convention Centre. The Canadian government refused visas to members of the Russian and Chinese delegations to that convention and, on Tuesday, the Russian government voiced its displeasure, saying it flies in the face of international space co-operation and amounts to politicizing space exploration over the conflict in Ukraine, The Canadian Press reported.

"It's a beautiful thing to see how the space program, over all these decades, has survived these tensions. It seems like in the area of space exploration, it is one of those protected areas of human endeavour where we're best at working together," said Saint-Jacques.

Neither Saint-Jacques nor Hansen know where in space they'll go, or when.

But Hansen sees mankind going "everywhere" as we build more space infrastructure — which will serve space exploration like railroads and airports — and building capacity in space, such as using in-situ material for 3D printing and harvesting oxygen and hydrogen.

"It's not going to be Apollo-era, designed just to get to one spot on the Moon and come home; it's going to be infrastructure that we can refuel in space, reuse in space," he said. "One day we take it out to L2 (Lagrange Point) and another day we take the same components, a few extra pieces and we go out to an asteroid, and we go out to a moon of Mars, eventually the surface of Mars."

"Maybe we'll colonize Mars," said Saint-Jacques. "That's not for today. That's decades. Kids who are five, or 10 years old now, maybe that will be a project for their generation."

This Earth is your Earth, this Earth is my Earth …

"You cannot help but think in big picture when you deal with space — the Earth as a whole, floating in the middle of space. Space, humans altogether, living on this little ball — without dismissing political problems …" Astronaut David Saint-Jacques

David Saint-Jacques and his team of "tweeps" pose for a photo at the Ontario Science Centre to mark their win at the Amazing Canadian Space Race on Tuesday. JESSICA SMITH CROSS/METRO

Canadian astronaut Jeremy Hansen at the 65th International Astronautical Congress on Tuesday. CONTRIBUTED

Why they chose their burger

LIA GRAINGER
toronto@metronews.ca

Burger tester: Jonathan Weinberg
Burger tested: The Doug Ford
After several hearty bites, Weinberg made no bones about declaring his love for the burger, while happily espousing his dislike of the man for which the burger was named. "It's good. I like a lot of meat," said Weinberg, chewing thoughtfully. "But I'm not a supporter of Doug. At all." Then he paused and reconsidered. "I support his eating habits and diet, but that's it."

Burger tester: Tamar Ilana
Burger tested: The Olivia Chow
"This is a good burger, nice and big, just how I like it, though it could use a little ketchup or mayo to cut down on the dryness," said Ilana. Though political leanings did not inspire her burger choice, she says the experience "might make me vote for Olivia Chow." That being said, this potential Chow supporter admits, "I don't even know when the elections are."

Burger tester: Tim Herman
Burger tested: The Doug Ford
Herman admitted off the bat that he was conflicted about ordering the Doug Ford. "I did it with a side of self-loathing," said Herman with a sigh. "It looks fantastic and it sounded delicious though I felt ethically challenged about what I was doing." Though he considered ordering the Chow, in the end "I just felt like something greasy and disgusting — like a Ford."

Burger tester: Christopher Faria
Burger tested: The John Tory
"It was good. I'm a sucker for blue cheese, and the sauce wasn't too blueberry-flavoured." When pressed to explain the motivations behind his selection of the Tory-inspired burger, Faria was candid: "I'm not going to lie, I picked it because I like blue cheese. I wasn't thinking about the politics so much. The onions were good."

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905ers more happy with their mayors: Study

York U poll. Those outside T.O. are also less likely to think police budgets need chopping

Toronto residents are less satisfied with their mayor than people living in other GTA cities, a study from York University confirms.

And while transit has been the main focus of the Toronto mayoral race, a large number of people polled agree policing is in need of a budget cut.

A survey of 613 residents across the GTA, conducted by a team at York found an average of 55 per cent of people in surrounding municipalities feel their mayor is doing a good or very good job. But only 28 per cent of Toronto residents feel that way about Rob Ford.

Mike McCormack
TORSTAR NEWS SERVICE

"The most interesting, sort of telling, data was in terms of satisfaction with the local politician," said Lesley Jacobs, the director for York's Institute for Social Research, who led the study with David Northrup, director of survey research.

The view of Ford's performance aligns with the level of support Doug Ford, and his brother before him, have seen in recent polls.

Some 25 per cent of Torontonians polled said that if cuts need to be made it should be from the $957-million police budget. Just 14 per cent of residents in other GTA cities said police budgets should be cut.

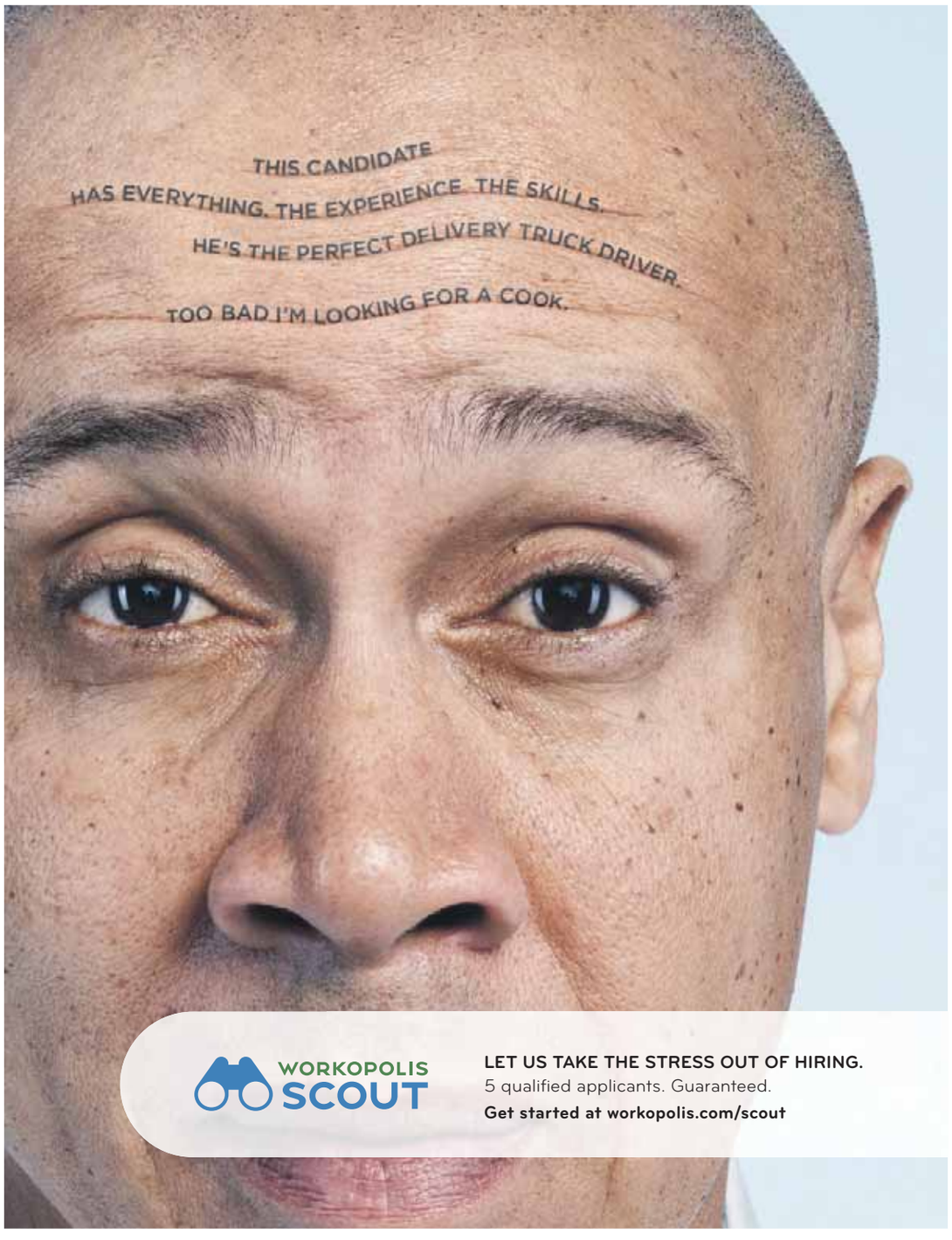
Toronto Police Association president Mike McCormack said the union's own polling numbers tell a different story, and argued that the public looks favorably on the services provided for the money spent.

"I think a lot of people understand the complexities of policing," McCormack said.

TORSTAR NEWS SERVICE

Surprising stats

Forty-nine per cent of those polled support user fees for services. Forty-seven per cent also support toll roads for the same purpose. However, support is highest in Toronto, where residents are more likely to benefit from those funds.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GO. New bus terminal will increase service by 50 per cent: Metrolinx

A new $106-million GO Transit bus terminal near the foot of Bay Street will allow the regional carrier to increase bus trips by 50 per cent, say officials.

The bus terminal was officially announced Tuesday as part of a development that includes two new 48-storey office towers north and south of the rail corridor just south of Front St., as well as a public, one-acre "Sky Park" straddling the tracks.

The south tower will rise in what is now a parking lot, while the north one will occupy an area currently serving as the GO bus terminal.

The Sky Park, reminiscent of New York's High Line but a fraction of its size, will connect the two buildings.

The bus terminal's new location in the base of the south tower will allow Metrolinx to connect passengers through the PATH system to the city's busiest transit hub.

"At the very core of our transit operations for the GTHA is Union Station across the street from here: Canada's largest transportation hub and perhaps the busiest place to be any day of the week anywhere in Canada," said Metrolinx chair Robert Prichard. "GO Transit's regional train and bus service is rooted at Union Station, with most of its more than 250,000 passengers a day passing through the station."

The combined 250,000-square-metre business complex and transit hub is a joint project by Metrolinx, the regional transportation authority for the GTA and Hamilton area, and Ivanhoé Cambridge, the real estate arm of Caisse de depot et placement du Quebec.

The real estate company will pay a minimum of $30 million for the land.

The glass office towers, with floor-to-ceiling windows crisscrossed by decorative aluminum strips, were designed by Wilkinson Eyre, a U.K. firm.

The new terminal will allow GO to increase its daily bus trips, which currently number 580, by 50 per cent, a capacity Metrolinx says it will need by 2031.

It will take at least three years to build the new terminal, and construction could begin as early as this spring. Buses will continue to use the current terminal until the new one is ready. TORSTAR NEWS SERVICE

An artist's rendition of a proposed GO Bus terminal and real estate project.
CONTRIBUTED

‘Heroic action’ of eight-year-old girl lauded

‘I feel proud’. Grade 3 student calls 911 upon seeing her unresponsive mother

When she found her mom collapsed on the floor and unresponsive, Gelila Aedmasu remembered what she’d learned that year at school: stay calm and call 911.

The Grade 3 student did just that — and while giving the 911 operator information about where she lives and her mother’s condition, Gelila also calmed her three younger siblings, caring for them until emergency personnel arrived.

“If it wasn’t for her quick actions, the situation could have resulted in tragic circumstances,” said Superintendent John Tanouye, unit commander of Toronto police’s 41 Division, who presented her with a certificate for being courageous “in the face of fear” and performing a “heroic action to save your mom.”

While Gelila was a little overwhelmed by all of the attention at the special assembly held in her honour at J.G. Workman Public School, she was comforted by a teddy bear given to her by Toronto EMS.

“I feel proud,” she said later, clutching the stuffed animal while sitting with two of her younger siblings in the school’s library.

She said when she woke up that August morning, her mom “was on the ground, so I helped her.”

After calling 911, “my baby brother was crying, so I took care of him,” she also said. “I tried to pick him up so he would stop crying.” She also played with her other siblings — age 5 and 4 — “so they would not get worried.”

Gelila’s mom, who also attended the assembly, said she’d fainted from low blood pressure and woke up in the hospital to find out her daughter had saved her.

“She is a superhero.”

TORSTAR NEWS SERVICE

Gelila Aedmasu with her mother Fantaye Berhanu.

DAVID COOPER/TORSTAR NEWS SERVICE

Robert Plant roars for the crowd

Legendary Led Zeppelin singer Robert Plant wailed it out at Massey Hall Tuesday night with his new band the Sensational Space Shifters, in a tour to support his album, Lullaby and... The Ceaseless Roar.

TOM PANDI/FOR METRO

Sun Media. Ezra Levant won’t comment on apology to Trudeau

Sun News may have apologized for Ezra Levant’s “offensive” rant against Justin Trudeau’s parents, but Levant himself is remaining silent.

Even as critics call for Levant to make a personal apology for a monologue that included calling the late Pierre Trudeau a “slut,” the host of The Source has declined to answer questions.

“My comments are that I have no comment,” said Levant.

On Monday, the network apologized for the right-wing pundit’s monologue on his Sept. 15 show in which he also took aim at a photo tweeted by the Liberal Party of Canada, showing Justin Trudeau kissing a bride on her wedding day, saying he had “invaded” her “personal, intimate day.”

The bride’s family has categorically denied Levant’s version of events, but Sun News, while apologizing, did not retract the statement.

Scott Reid, principal at Feschuk.Reid, said that if Sun News determined that the broadcast was offensive, then there is “an even higher obligation” on the person who said the offensive material to apologize. TORSTAR NEWS SERVICE

Quoted

“It leaves the impression that Ezra Levant can dish it out, but can’t take it.”

Scott Reid, principal at Feschuk.Reid

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Officials confirm first case of Ebola diagnosed in U.S.

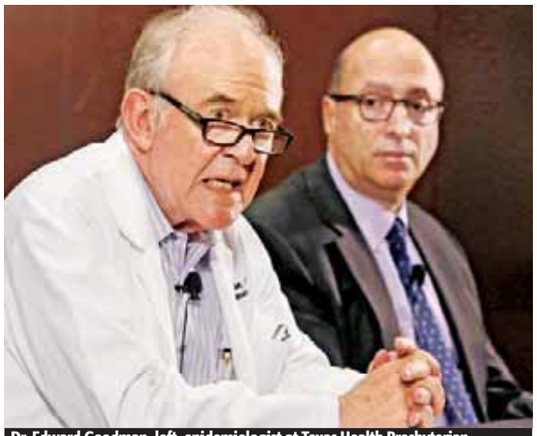
Dallas. Patient is in isolation at Texas Health Presbyterian Hospital

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel patterns indicated a possible case of Ebola.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on the plane, according to the Centers for Disease Control and Prevention.

CDC Director Dr. Tom Frieden said the patient came to the U.S. to visit family and has been hospitalized since the weekend. State health officials said no other cases are suspected in Texas.



Dr. Edward Goodman, left, epidemiologist at Texas Health Presbyterian Hospital Dallas, speaks as Dr. Mark Lester, Southeast Zone clinical leader for Texas Health Resources, looks on during a news conference on Tuesday about an Ebola-infected patient they are caring for in Dallas. LM OTERO/THE ASSOCIATED PRESS

Specimens from the patient were tested by a state lab and confirmed by a separate test by the Centers for Disease Control, said Carrie Williams, spokeswoman for the Texas Department of State Health Services.

Zachary Thompson, director of Dallas County Health & Human Services, said health officials in North Texas are well equipped to care for the patient.

Four American aid workers who became infected while volunteering in West Africa have been treated in special isolation facilities, and a U.S. doctor exposed to the virus in Sierra Leone is under observation in a similar facility at the National Institutes of Health. The U.S. has only four such isolation units, but the CDC has insisted that any hospital can safely care for someone with Ebola.

Health officials use two primary guidelines when deciding whether to test a person for the virus — whether that person has travelled to West Africa and whether they have been near other people who have been exposed, said Centers for Disease Control and Prevention spokesman Jason McDonald.

THE ASSOCIATED PRESS

Nova Scotia. Men's rugby at Dalhousie suspended over hazing allegations

A Nova Scotia university that saw its women's hockey team sidelined last year over complaints of heavy drinking and humiliating behaviour has suspended its men's rugby club while it investigates fresh allegations of hazing.

A spokesman with Dalhousie University in Halifax said that the school began looking into the matter after receiving a formal complaint from a university employee sometime within the last two weeks.

Brian Leadbetter wouldn't provide any details about the nature of the complaint, who filed it, where the incident occurred or who was involved, but he said it was serious enough to warrant a suspension of the team's privileges.

"We do not tolerate behaviour that humiliates, disrespects or threatens anyone in the campus community … and that's why we're moving ahead with this investigation," he said. THE CANADIAN PRESS

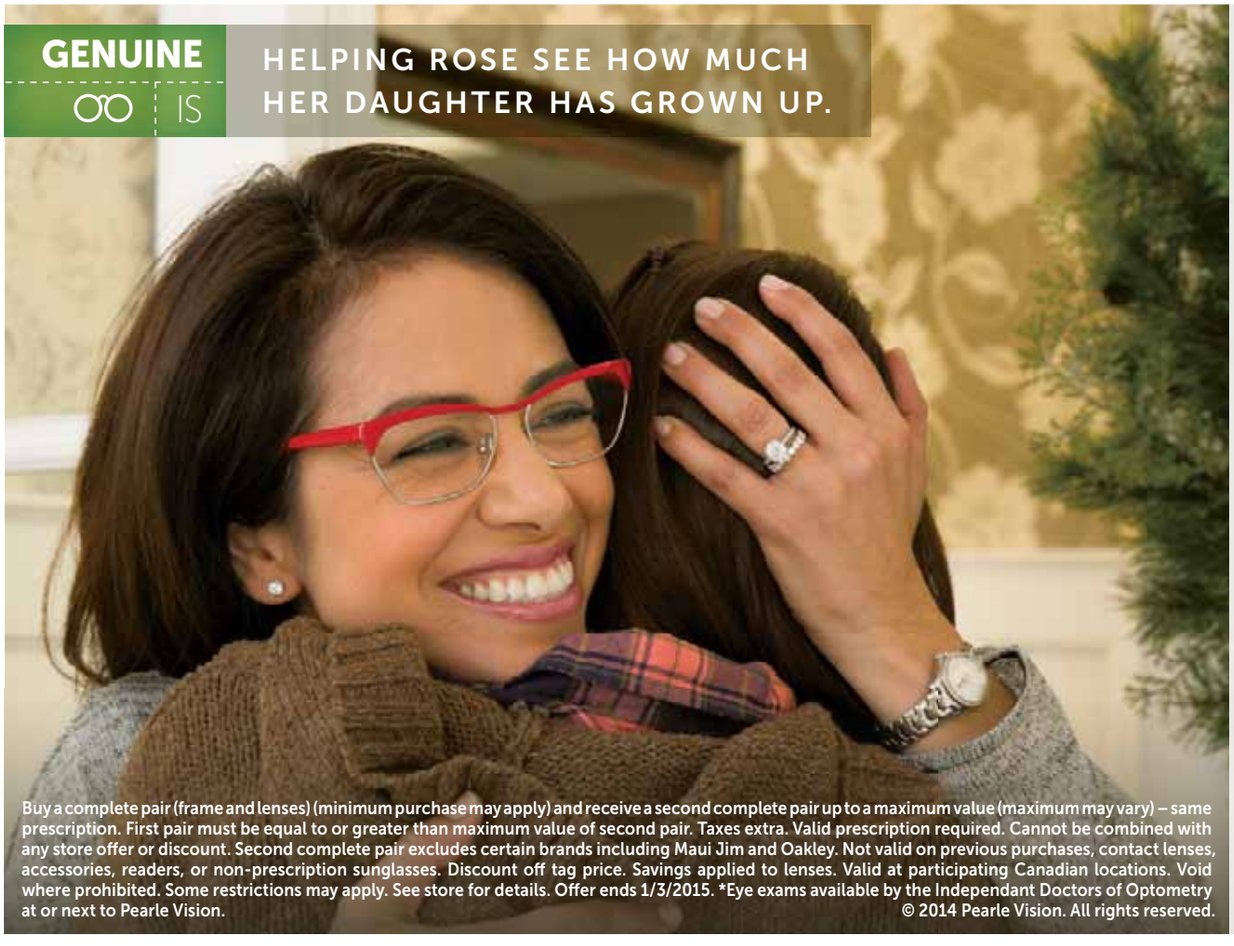
Player suspended

McGill football coach resigns

The head coach of the McGill Redmen football team has stepped down in protest of the university's decision to suspend a player charged in an alleged case of domestic violence.

Clint Uttley resigned from his post on Tuesday. A resignation letter attributed to Uttley said the coach objected to McGill's decision to suspend Luis-Andres Guimont-Mota after his arrest last week.

He said that he believes in giving people a second chance, noting that McGill did not object to the player's presence on the team when he was sentenced to 90 days in jail last year after pleading guilty to assaulting a man. THE CANADIAN PRESS



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Magnotta jurors shown photos, bizarre notes referencing PM

Jun Lin murder trial. PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

In this artist's sketch, Luke Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. MIKE MCLAUGHLIN/THE CANADIAN PRESS

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f—ked up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount a defence of mental disorder.

On Tuesday, the jurors were able to view photos taken in 2012 by three Montreal police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator and on a mattress.

Alberta

Man aiming at coyotes shoots own arm instead

Eternally outsmarted cartoon character Wile E. Coyote has come out on top for once.

Calgary police say a man was aiming at the real-life critters on his rural property southeast of the city when he accidentally shot himself in the arm. His injuries are not serious.

CHQR/THE CANADIAN PRESS

Animal rights

Tories say no to RCMP's move to shed its fur hats

The Conservative government says it is overturning an RCMP decision to doff their muskrat hats in favour of animal-friendly tuques.

Environment Minister Leona Aglukkaq says that the public safety minister is directing the Mounties to reverse the move.

THE CANADIAN PRESS

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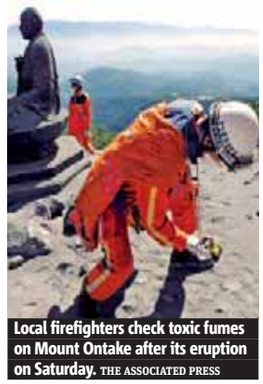
'I thought I was going to die,' says volcano survivor

Mount Ontake. One of Japan's 110 active volcanoes erupted unexpectedly Saturday, killing about 36 people



Local firefighters check toxic fumes on Mount Ontake after its eruption on Saturday. THE ASSOCIATED PRESS

Huge boulders fell from the sky; billowing grey smoke cast total darkness over the mountain; volcanic ash piled on the ground, with fumes filling the air.

Some survivors of the eruption of Mount Ontake made split-second decisions to hide behind big rocks or escape into lodges that dot the mountain's slopes. Hikers — soaking in the 3,000-metre view from above sea level — fell to the ground, hit by rocks or possibly suffocated by gases; they were quickly buried in ash. At least 36 people were killed in Saturday's surprise eruption.

One of the fortunate ones was Sayuri Ogawa, a 43-year-old mountain guide, who said the situation was a near-death experience.

"I couldn't breathe, and rocks kept falling down," she said. "I thought I was going to die."

Ogawa was shocked when she returned to her home in the Nagao prefecture and saw footage of the eruption on TV.

"It was intense, it was almost surreal," she said. "I have to remind myself that anything can happen at the mountains."

THE ASSOCIATED PRESS

Hong Kong leader refuses to meet with protesters

Pro-democracy protesters hold umbrellas under heavy rain on a main street near the government headquarters in Hong Kong late Tuesday. Hong Kong's leader refused to meet with pro-democracy demonstrators by their midnight deadline, despite their threats to expand the protests that have clogged the streets with tens of thousands of people in the stiffest challenge to Beijing's authority since China took control of the former British colony in 1997. THE ASSOCIATED PRESS

Georgia teen's shooting

Final arguments begin in first-degree murder trial

Closing arguments have begun in the first degree murder case of a man who fatally shot a teenager after an argument about loud music outside a Jacksonville convenience store.

Prosecutors say Michael Dunn killed 17-year-old Jordan Davis of Georgia in November 2012 when he fired 10 times into an SUV carrying four black teenagers. The case stirred racial tensions.

Dunn was convicted of three counts of attempted second-degree murder in February and already faces at least 60 years in prison.

The jury in the first trial deadlocked on the first-degree murder count.

After the arguments, the jury will begin deliberating the case. THE ASSOCIATED PRESS

It's a girl!

Man serving 28 years becomes dad

Imprisoned Dutch killer Joran van der Sloot is now a father. His attorney, Maximo Altez, says the girl was born Sunday in Lima, Peru.

Van der Sloot is currently serving a 28-year sentence for the killing of a Peruvian business student in 2010. THE ASSOCIATED PRESS

A woman holds up a bud of marijuana she purchased at a medical cannabis clinic in San Francisco in this 2010 file photo. Washington, D.C., and 23 states allow medical marijuana, but courts have ruled against employees who say their pot use is protected. ERIC RISBERG-AP/THE CANADIAN PRESS

U.S. pot use laws still up in smoke

Legal in Colorado.
Man fired over use of medical marijuana takes case to top court

Pot may be legal in Colorado, but you can still be fired for using it. Now, the state's highest court is considering whether workers' off-duty medical marijuana use is protected under an obscure state law.

Colorado's Supreme Court on Tuesday heard arguments in a case involving Brandon Coats, a quadriplegic medical marijuana patient who was fired by the Dish Network after failing a drug test in 2010, even though the company did not allege that he was impaired on the job.

Coats says his pot smoking is allowed under a little-known state law intended to protect employees from being fired for legal activities off the clock. But the company argues that because pot remains illegal at the federal level, medical marijuana isn't covered by the state law.

Tuesday's arguments highlighted the clash between state laws that are increasingly accepting of marijuana use and employers' drug-free policies that won't tolerate it.

THE ASSOCIATED PRESS

No right to use pot

A trial court and Colorado's appeals court upheld Brandon Coats' firing, saying pot can't be considered lawful if it is outlawed at the federal level.

- Both courts said the state's medical marijuana amendment provided exemptions from criminal prosecution for pot use but did not guarantee the right to use it.

Gaza zoo lions brought to Israel

A trio of scrawny lions was brought into Israel from Gaza on Tuesday en route to a better life at a wildlife sanctuary in Jordan after their zoo was damaged in the recent Israel-Hamas war.

The three, a pair of males and a pregnant female, were sedated at Al-Bisan zoo in Beit Lahiya before the big cats were placed in metal cages and loaded onto a truck that transferred them through the Erez border crossing into Israel.

Amir Khalil of the Four Paws International welfare group said the zoo's animals were in urgent need of care after the 50-day war. He said the zoo was badly damaged and more than 80 animals died as a result of the fighting. Al-Bisan is one of five makeshift zoos in Gaza that have spotty animal welfare records.

Most of the zoo animals in Gaza have been hauled into the isolated territory through smuggling tunnels linking the territory to Egypt. In one infamous scene captured on film, Gazans used a crane to lift a camel over the border fence by one of its legs as the animal writhed in agony.

Gaza's main zoo once turned to improvised taxidermy to keep its deceased animals on exhibit while another painted stripes on donkeys to try and make them look like zebras.

THE ASSOCIATED PRESS

A lion lies inside a metal cage at Al-Bisan zoo in the northern Gaza Strip Tuesday, before being transported to Israel en route to Jordan. KHALIL HAMRA/THE ASSOCIATED PRESS

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UBC's ISIS Research Centre to change name

Negative association. ISIS, or the Islamic State of Iraq and al-Sham, is a terrorist group

THANDI FLETCHER
Metro in Vancouver

A University of B.C. research centre has become an unexpected victim of the terrorist group known as the Islamic State of Iraq and al-Sham, or ISIS.

The university's ISIS Research Centre is changing its name to distance its brand and avoid confusion with the high-profile terrorist group responsible for the recent deaths of two American journalists and widespread violence in Syria and Iraq.

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre, said staff decided to look into a name change after media coverage of the terrorist group intensified in recent weeks.

"They have such a negative association, we felt that this was the time to change the name," she told Metro. "We take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at, as well."

The centre isn't the first entity to be forced to change its name because of its now-negative association with the terrorist group.

A Calgary jewelry shop named Isis recently changed its name, along with a U.K. private equity firm and an educational initiative at a Texas University.

UBC's ISIS Research Centre was originally named in 2010 after the Egyptian deity Isis, who is the goddess of fertility and a steward to the poor, said Buczkowska-McCumber.

The name was written in capital letters for style reasons, she said.

"We wanted the name to really be meaningful in the sense that what we do is really focused on innovation with a social and environmental impact using business tools," she said.

Buczkowska-McCumber said the research centre is fast-tracking the process to adopt a new name.

The centre hopes to launch within the next couple of weeks, she said, adding: "The sooner the better."

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Refugees arrive at Turkey-Syria border as airstrikes target ISIS

A Turkish soldier holds the hand of Sidra, 12, a Kurdish refugee girl from Kobani who lost her parents after their arrival at the Turkey-Syria border near Suruc, Turkey, Tuesday. U.S.-led coalition airstrikes targeted Islamic State of Iraq and al-Sham (ISIS) fighters pressing their offensive against a Kurdish town near the Syrian-Turkish border on Tuesday in an attempt to halt the militants' advance, activists said.

BURHAN OZBILICI/THE ASSOCIATED PRESS

Space conference

Russia upset over Canadian visa denials

Canada's refusal to allow Russian delegates to attend a prestigious international astronautical symposium has angered Moscow, which said the decision flies in the face of international space co-operation and amounts to politicizing space exploration over the conflict in Ukraine.

A spokesman for the Russian embassy on Tuesday called Ottawa's decision to deny visas for the delegates — including one of the country's most renowned astronauts — unfortunate.

THE CANADIAN PRESS

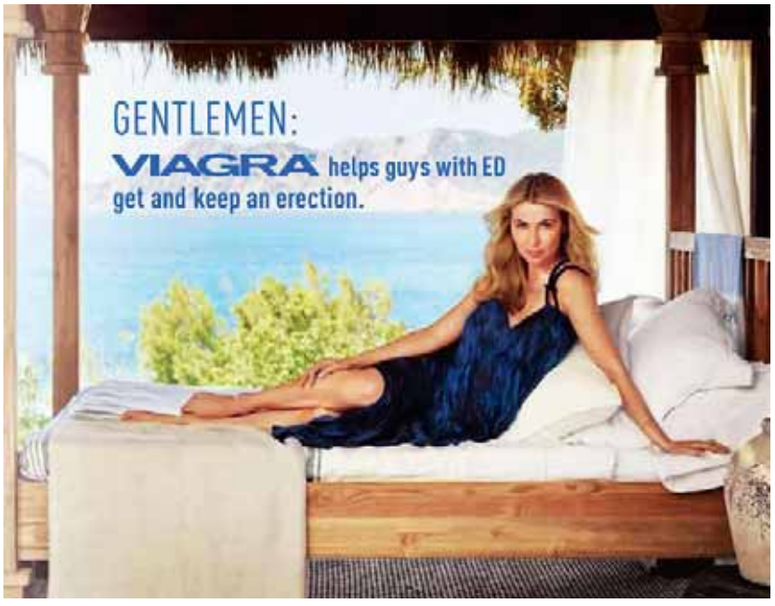
'No quick fixes'

Combating terrorists will take time: Baird

As the federal cabinet considers sending fighter jets to Iraq, Foreign Affairs Minister John Baird suggests Canada and other countries could be in for a long mission. Baird predicts battling extremists will take time and says Canada is in uncharted territory when it comes to directly engaging terrorist elements.

"Terrorism, radical extremism, this is the great struggle of our generation," the minister said. "Whether it's in Iraq, whether it's in Nigeria with Boko Haram, whether it's with al-Shabaab in Somalia ... there's no quick fixes."

THE CANADIAN PRESS



Amid stiff competition, up pops a new Viagra ad

This image provided by Pfizer Inc. shows a new print ad for Viagra, the world's top-selling erectile dysfunction drug. Executives at New York-based Pfizer hope the new ad campaign, which includes spots in print publications and a 60-second television commercial, will nudge women to broach the subject with their mates. Having a woman speak directly to men about impotence is a unique strategy for Pfizer. The world's second-biggest drugmaker is looking for ways to boost sales of Viagra, Pfizer's No. 6 seller, at a time when it is encountering new competition. Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug's sales within a year. PFIZER INC/THE ASSOCIATED PRESS

'Sexist' baby pyjamas miss the Target

'I only date heroes'. Parents outraged to see clothing for babies playing into outdated gender stereotypes

Hundreds of people denounced Target for selling "sexist" baby pyjamas after a university professor posted a photograph of the clothing on social media.

The boy clothing features a Superman logo and the line "Future Man of Steel," while the girl item has the same logo but the line: "I Only Date Heroes."

"It seems kind of ridiculous to talk about who an infant girl is going to date," said Aimee Morrison, an associate professor of English at the University of Waterloo.

Pyjamas for three-month-old girls and boys are seen at a Target store. CHRISTINE LOGEL/HANDOUT/CANADIAN PRESS

"Even for tiny babies, we seem to think of girls as gaining power and worth from whom they're romantically linked to and boys get to become agents of action in their own right."

The photograph was taken on the weekend at a local Target store by Morrison's friend, Christine Logel, also a professor at the university.

Logel initially put the picture on Facebook, but gained little traction.

"We were all sort of complaining about the sexism in the image and the same 10 people always commenting, and she said, 'Nothing ever changes,'" Morrison said in an interview.

The women decided to share the image on Morrison's Twitter account, sparking hundreds of retweets and comments. THE CANADIAN PRESS

Bigger is better?

Qantas debuts Airbus A380

Qantas is putting the world's biggest passenger plane on the world's longest airline route.

A Qantas Airbus A380 touched down Monday at Dallas-Fort Worth International Airport about 15 hours after leaving Sydney, Australia, on the 8,578-mile journey.

The double-deck, four-engine jet was greeted with a water-cannon salute. THE ASSOCIATED PRESS

C-c-c-changes

EBay to spin off the popular PayPal

EBay is splitting off its fastest growing segment, the PayPal payment service, the e-commerce company said Tuesday.

Investors applauded the news, sending eBay's shares up nearly seven per cent in morning trading. The move comes after months of pressure from activist investor and billionaire Carl Icahn, who has a 2.5 per cent stake in eBay, according to FactSet. THE ASSOCIATED PRESS

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THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

JUST SAYIN'

Paul Sullivan
metronews.ca

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of The Leftovers, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really folks, this is astonishing. I half expect someone to declare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

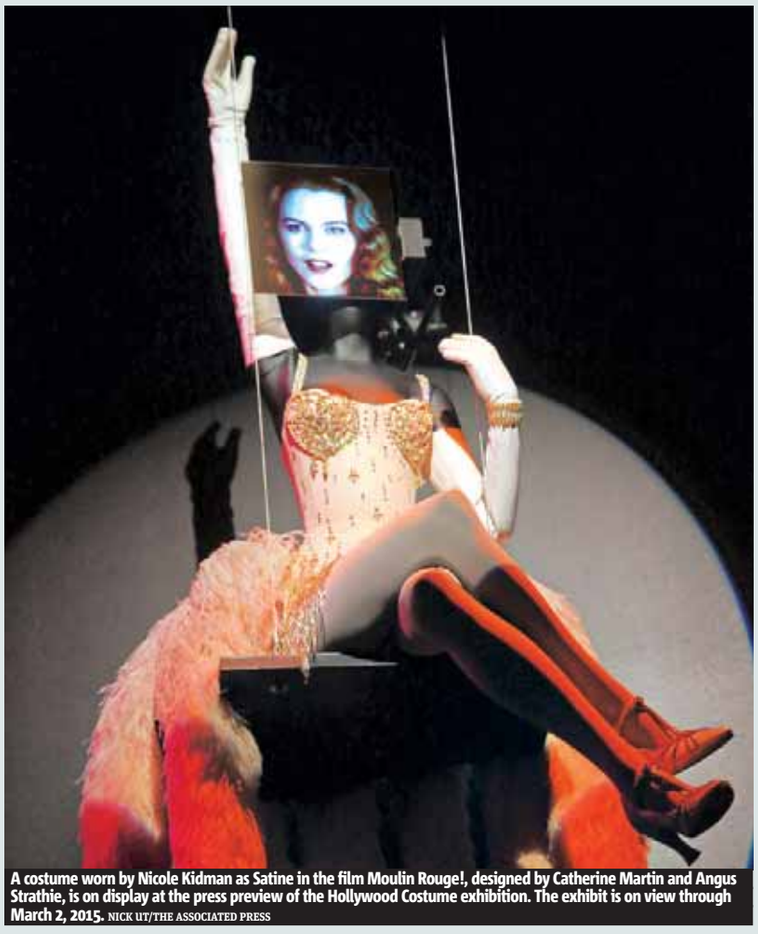
Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go, "OK". Or maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 40 years? If denial works for global warming, why can't it work for animals? Maybe we'll just wait another 40 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film Moulin Rouge!, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK UT/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's **Some Like it Hot**; John Travolta's groovy white suit from 1977's **Saturday Night Fever**; Julia Roberts' red dress from 1990's **Pretty Woman**; the blue velvet suit that transformed Mike Myers into **Austin Powers** in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's **The Wizard of Oz.**

MetroTube

Daredevil goes doooooown

ANDREW FIFIELD
andrew.fifield@metronews.ca

May the sun forever shine on the brave hearts of adrenalin junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)

SCREENGRAB

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene, page 22 in Life and page 29 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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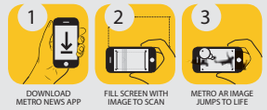
3. Voilà! You should see the AR in action.



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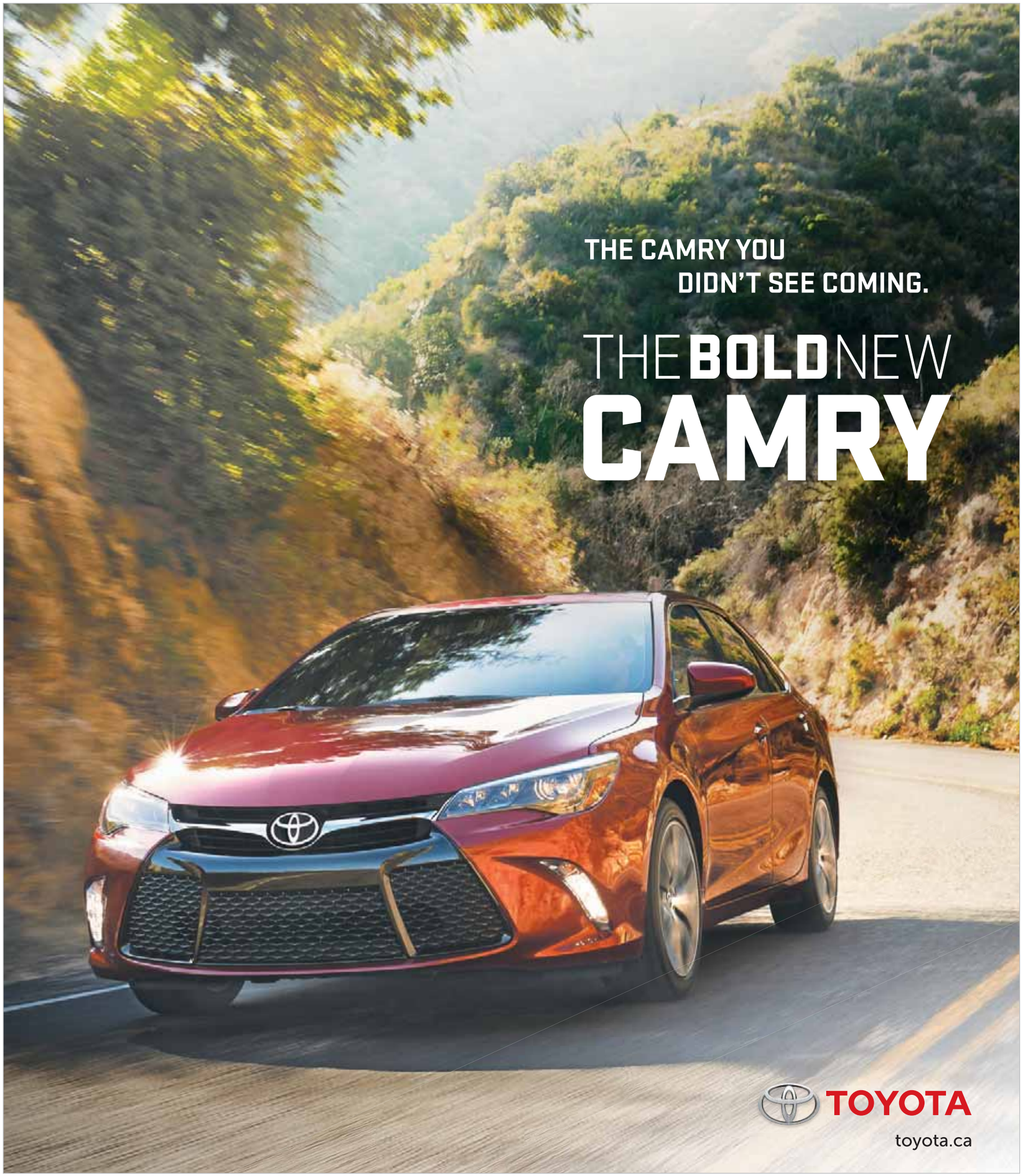
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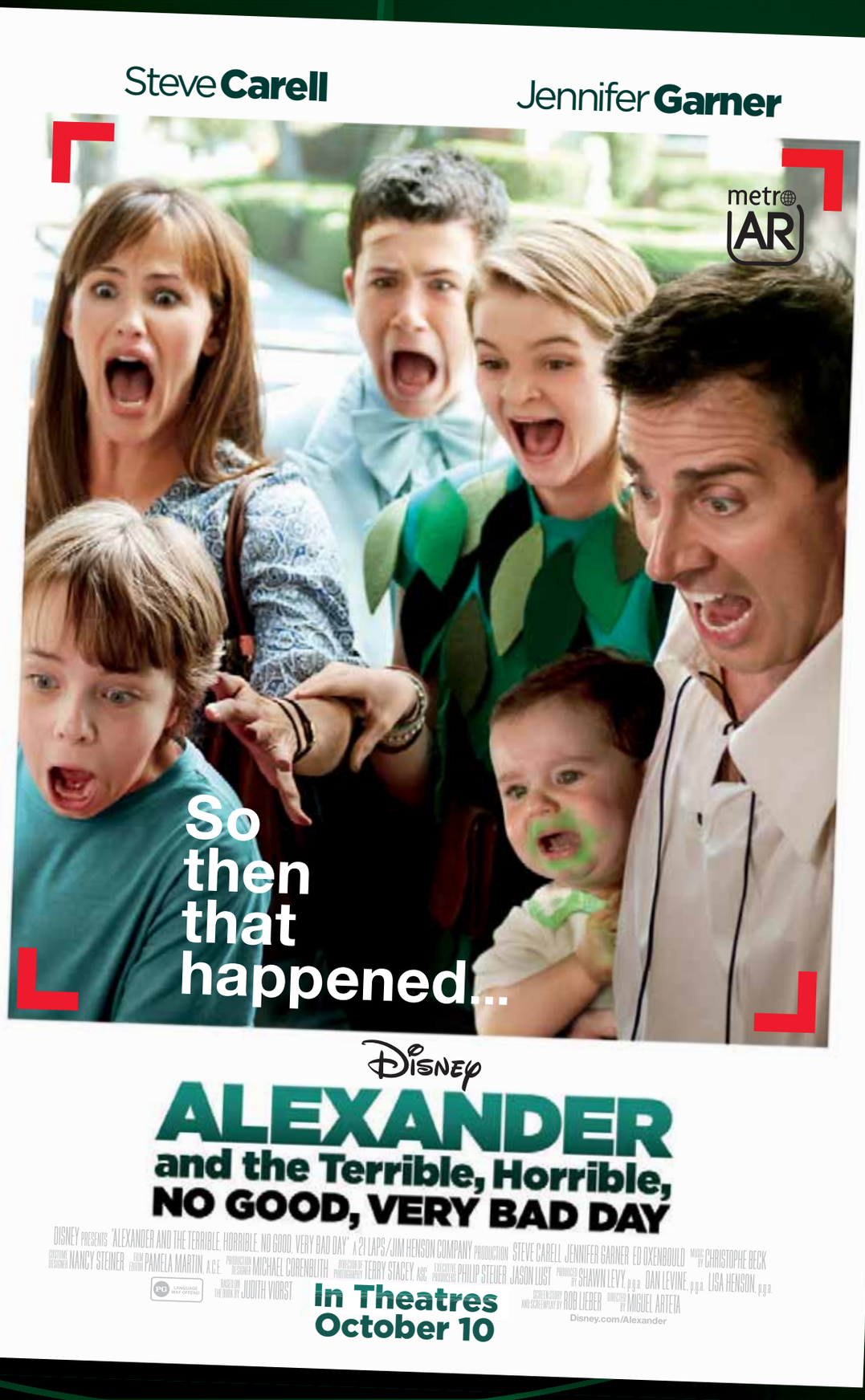

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Ben there done that: Affleck survives overexposure era

Goodwill hunting.
Actor traded in tabloid rep for more measured shots at stardom

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated Gone Girl, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as People Magazine did in 2002), they were detailing the every move of the couple known as Bennifer, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

The Wall Street Journal did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told Los Angeles Times writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

In front of the camera — in movies like State of Play — and behind it, directing the critically acclaimed Gone Baby Gone, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in The Town, a crime drama that returned him to the scene of his first success, the Boston of Good Will Hunting. The Oscar-winning Argo followed and soon he'll be seen as Batman in Batman v Superman: Dawn of Justice.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.

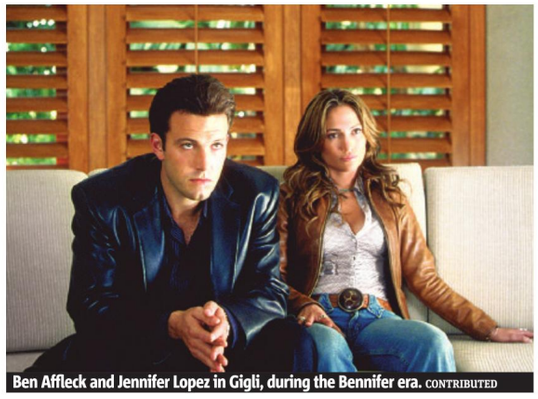
Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."
Ben Affleck

metro AR Ben Affleck and Rosamund Pike join forces in Gone Girl. Scan this photo with your Metro News app to see a clip of them in action. CONTRIBUTED

No more yes-man

"I was a little bit exhausted of myself."
Ben Affleck on taking a break after a decade of overexposure.



Ben Affleck and Jennifer Lopez in Gigli, during the Bennifer era. CONTRIBUTED

Matt Damon ALL PHOTOS: GETTY IMAGES

That's no way to keep the bromance alive: Matt ditches Ben for George

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's Gone Girl premiere in New York the night before. And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. "Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead." Oof. Way to get on your best friend's wife's bad side, Matt. Funny thing, though — from perusing the red carpet photos of the Gone Girl premiere, you know who else apparently wasn't there? Jennifer Garner, who was in L.A. the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lena Dunham

Thank Gawker for small favours

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. "Some good points were raised and I've ensured that all opening acts will be compensated for their time, their labor and their talents," Dunham tweeted. "The fact that Gawker pointed this out really proves Judd Apatow's saying that 'a good note can come from anywhere.'"

The Word

Bynes has got it bad and that ain't good

NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanour after they "determined she was under the influence of a controlled substance," according to E! News, though exactly what substance is still a mystery. It's nice to see her coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. "Amanda just stopped going to classes," a source says. "Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response." No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.

No purchase necessary. The contest is open to residents of Ontario who have attained the age of majority as of the start of the contest. Four (4) prize packages are available to be won, each consisting of: one (1) GoPro® Hero 3+ Black Edition camera; one (1) GoPro® chest mount harness; one (1) GoPro® vented helmet strap mount; one (1) GoPro® handlebar/ seatpost/ pole mount; and one (1) 32 GB sport/ mobile memory card (approximate retail value of $630 CDN per package). Skill testing question required. Random draws will take place on September 22, 2014, September 29, 2014, October 6, 2014, and October 13, 2014; one (1) prize package is available to be won in each draw. Re-entry will be required to participate in each consecutive draw; entries will not be retained from one draw period to the next. Limit of one (1) entry per household per day. Contest opens Monday, September 15, 2014 at 12:01 AM ET and closes Sunday, October 12, 2014 at 11:59 PM ET. Odds of winning depend on the number of eligible entries received in each draw period. To enter and for complete contest rules, visit www.clubmetro.com.

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How-to

Protect animal welfare

Intrepid Travel has these tips for helping prevent animal cruelty:
1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal

Book early for Italy

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about $220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a $100 air credit per person. The credit grows to $350 when it's Italy you're booking and $500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**

Tool

Virtual guide to the Adirondack Park

Summon up the summits of the Adirondack Park's six million acres in upstate New York at adirondacksusa.com. A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise.
TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK

That's hot. San Fran and Sriracha top foodie travel list

Top five food destinations
1 San Francisco, USA Sriracha sauce
2 New York, USA gourmet burgers
3 San Sebastian, Spain foraging
4 Toronto, Canada hand-held pies
5 Lyon, France heritage cuisine

A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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At-home exploring

The next four weeks are prime leaf-peeping time. ISTOCK

Leaf some time this fall to take in the sights

ON THE MOVE
Loren Christie
life@metronews.ca

If you are a leaf peeper, the next four weeks will provide numerous opportunities for a fabulous fall getaway.

The proliferation of maples, beeches and birches in New Brunswick with their vibrant and varied colours make a trip in this part of the country particularly appealing. Road trippers have some eye-popping foliage options, including the St. John River Valley Drive stretching from Edmundston in the north to the port city of St. John. Or if you prefer a seaside route, the Fundy Trail stretches along the province's coastline and takes you through Fundy and Kouchibouguac national parks.

Cape Breton's Cabot Trail is at its best at this time of the year with the highlands exploding in yellows, reds and oranges. It offers stunning scenery, wildlife viewing and the opportunity to encounter two distinct cultures, Acadian and Scottish, which colour Nova Scotia's history. It's an ongoing debate whether to do the drive clockwise or counter-clockwise. I prefer clockwise as it feels like a more logical build-up of the sites along the route.

Ontario's back roads offer endless options for exploration from the Kawarthas cottage country to the Bruce Peninsula to Highway 60 through Algonquin Provincial Park. To assist in picking the most vibrant route, check out ontariotravel.net for live updates on their fall colour report. Download the app to help guide you on your journey and browse the site for a wide variety of autumn packages including horseback riding and kayaking.

If you prefer not to peep and drive at the same time, consider heading to Quebec. From the Eastern Townships to Charlevoix, many of that province's ski resorts have become fall festival headquarters with a variety of hillside leaf peeping opportunities coupled with barbeques, live music and family activities.

If you are out West and want to see some fall colour, Banff and Jasper National Parks are your best bet. Consider the Larch Valley Trail near Lake Louise, with its golden larches, the Johnston Canyon or take a ride up the Banff Gondola.

Get in some free history lessons at these Edinburgh sites

Budget travel. If the independence vote put Scotland on your radar, consider taking in the capital for next to nothing

St. Giles' Cathedral has over 200 memorials to notable Scots. A walk along the Royal Mile typically includes a look at the cathedral and Edinburgh Castle. PHOTOS: THE ASSOCIATED PRESS

Scotland has made headlines lately with voters rejecting independence and choosing instead to remain part of the United Kingdom. Visitors will naturally be curious about the centuries of history that led to Scotland's distinct culture. And a visit to the country's capital, Edinburgh, with its historic 16th century tenements and grandiose 19th century town houses, is a tale of two cities in one.

The Old Town, dominated by the imposing medieval battlements of Edinburgh Castle, runs downhill along the Royal Mile stretching from the castle to the Queen's official Scottish residence of Holyrood Palace. Exploring the narrow lanes and footpaths between some of the world's tallest 16th- and 17th-century merchants' houses feels like a return to the days of Daniel Defoe, the 18th-century author of Robinson Crusoe and English spy. In contrast, the neoclassical New Town area built between 1767 and 1890 is a masterpiece of city planning, and a UNESCO World Heritage Site.

Museums

Edinburgh is full of free museums within a short walk of each other, including the National Museum of Scotland and its vast array of artifacts from across the world. Nearby the Edinburgh Writers' Museum celebrates the lives of famous Scottish writers such as Robert Burns, Sir Walter Scott and Robert Louis Stevenson. The Museum of Childhood, Museum of Edinburgh and The People's Story provide an informative and entertaining history of the city and its people.

Go for a walk

Edinburgh is ideal to explore independently, but for those who prefer a guide there are a couple of operators, such as Sandeman's Free Walking Tour and Edinburgh Free Walking Tours, which take visitors along the Royal Mile.

Typical routes take in the views of Edinburgh Castle and St. Giles' Cathedral, which has over 200 memorials to notable Scots, and the historic Grassmarket and Cowgate areas.

No walk would be complete without a visit to Greyfriars Kirkyard and the statue of Greyfriar's Bobby at the corner of Candlemaker's Row, celebrating one of Edinburgh's most famous tales about the tiny 19th-century Skye terrier who spent 14 years guarding the grave of his owner.

Arthur's Seat is a dormant volcano which sits 251 metres above sea level.

Arthur's Seat

For the more energetic, Arthur's Seat, a dormant volcano which sits 251 metres above sea level, offers a unique vantage. No other city in the world has an extinct volcano in its limits and as the highest point in the 640-acre (260-hectare) Royal Park adjacent to Holyrood Palace, it also offers a chance to explore the remains of a 2,000-year-old hill fort. THE ASSOCIATED PRESS

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Native Texan Adam Groffman started his blog in 2009 as a means to keep his creative skills honed and communicate with friends and family while he travelled abroad. But TravelsofAdam.com suddenly took off when he published a post called Hipster Guide to Berlin, the city that he's now called home for two years. Ever since then, hipster travel has been his specialty. We asked Groffman to give us his picks for the world's Top 5 hipster spots — outside of Brooklyn, of course.

T. MICHELLE MURPHY, METRO NYC, PHOTOS: ISTOCK

5 Hipster cities

Berlin

Berlin is undoubtedly Europe's coolest city. With 24-hour nightlife, a growing culinary scene and affordable living, Berlin has attracted people from all over the world. DJs want to play Berlin's clubs, and artists want their work shown in the hundreds of independent galleries. Berlin is beloved for its independent spirit and creative culture. **To do:** Eat at Street Food Thursdays in Markthalle Neun; swim in a pool inside a river at Badeschiff (Arena Club).

East London

Shoreditch and Hackney have turned from working-class neighbourhoods to gentrified versions of their former selves. Speakeasies, food trucks and fashion shops that sell goods not just for you, but for your pet, are on every street. And with enough vintage markets to clothe a nation, the fashion in Shoreditch is a big draw. **To do:** Eat on the Eating London food tour in Shoreditch; shop at the Brick Lane Sunday Market; try cocktails at the speakeasy in Breakfast Club (Mayor of Scaredy Cat Town).

Austin

Austin is the new Portland. It attracts free spirits, hippies and more than a few aspiring musicians. Sometimes it feels like there are more food trucks than people. There's a reason they want to "Keep Austin Weird." The coolest part of Austin is probably the food scene — you can get everything from trendy foods at a food truck to Texas-themed sushi. **To do:** Drink Mexican Margaritas at Trudy's; swim at Barton Creek; enjoy the live music clubs on Sixth Street.

Somerville (near Boston)

Somerville, which shares Tufts University with neighbouring Medford, is where hipsters live and hang out in The Hub. It has the college town's best coffee and some of its best restaurants. With Boston's quirkiest street festivals, Somerville always has something exciting and interesting happening. For a fun time, just head to Davis Square and take in the ridiculousness of the locals. **To do:** Drink coffee at True Grounds; brunch at Highland Café.

Toronto

Sometimes considered a cleaner version of NYC, Toronto's Queen Street West neighbourhood is far from tame. The Ossington neighbourhood is packed with trendy bars in between dive bars, with cupcake bakeries and cute cafés scattered in between. **To do:** Drink at 416 Snack Bar; eat in Toronto's massive Chinatown (along Spadina Avenue); spot celebs during Toronto International Film Festival.

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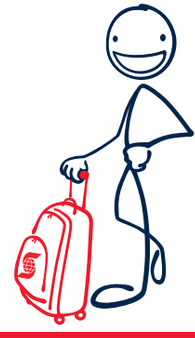

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All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation.

Having activities and food (and alcoholic drinks) included proved to be a huge attraction, particularly for hot climates. The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic "club" rooms are also available.

Because the altitude of Valmorel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

If the children require babysitting, Club Med offers a Pyjama Club from 7 p.m. to 1 a.m., or in-room babysitting.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to make their own baby food (premade is also available).

After dinner, the G.O.'s (or Gentil Organis) put on a stage show and entertain kids and parents alike.

An indoor/outdoor swimming pool and hot tub are the perfect end to a day of skiing.

The village of Valmorel is a free five-minute shuttle bus ride away. Established in 1976, it offers a selection of ski shops, restaurants, a bakery, cinema and town music hall for shows and celebrations.

The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015.

This vacation, according to the Club Med website, will run you approximately $6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca for details.

Beyond the mountain

Club Med is also introducing the City Visit this winter, which will offer select hotels and transfers to and from Paris as an add-on at the start or end of the Valmorel ski resort vacation.

metro AR **Take a visual tour of the Club Med resort at Valmorel by scanning this photo with your Metro News app.** ISTOCK

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This recipe makes 12 tacos. EMILY RICHARDS

A splash of colour for your tacos

Vegetarian dish. Black beans, bell peppers, corn and more make for a very memorable presentation

DINNER EXPRESS
Emily Richards
food@metronews.ca

If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze, once they are solid you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and serve it up at room temperature or right out of the pan.

FLASH FOOD

From your fridge to your table in about 30 minutes or less

1. Brush your spinach or tomato basil tortillas lightly with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

TEDx Toronto
x = independently organized TED event

The 6th annual TEDxToronto conference will take place tomorrow, Thursday October 2.

Watch the live stream to experience an unforgettable day of transformational talks, demos and performances from seventeen of Toronto's greatest thinkers and changemakers.

Visit TEDxToronto.com beginning at 11:00AM tomorrow.

Laughter is the best (and cheapest)

Fighting back with laughter

Robin Duke is writing a one-woman cancer show. HELEN TANSY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These classic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

Throughout the day the models would come and go, replacing one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK BRESLIN
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What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course!) and there's a comedic ballet troupe called Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

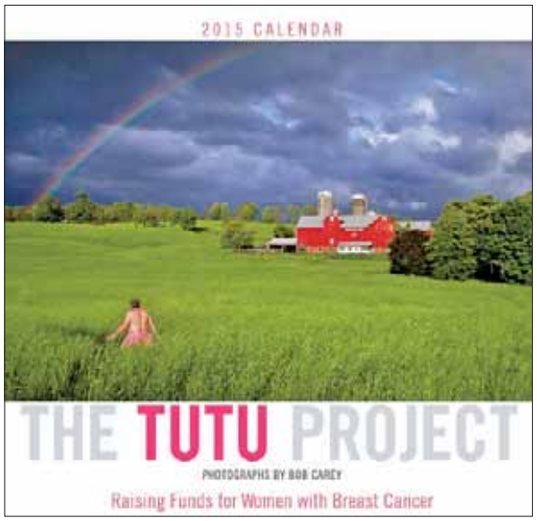
I guess our parents were right when they told us to "turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine



well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

VAWN HIMMELSBACH
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Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted, treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

3D screening

Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.

5

innovations to be aware of

New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.

Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.

Improving quality of life

According to research by Karen Dobbin at CancerCare Manitoba, 88 per cent of women surveyed had at least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts. Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.

Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective on navigating your own career path.

No matter what stage you're at in your career, a mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

A mentor's encouragement can help you take the first step in tackling a career challenge. ISTOCK

Even where their advice doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them.

This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for you.

It is never too late or too early to find yourself a mentor. Having a mentor can benefit you no matter what stage you're at in your life and career.

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Another viewpoint

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Answering your questions

A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed personal counterpoint.
- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

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Arming yourself with great answers

Get ready to be recruited. The best ways to respond to interview inquiries

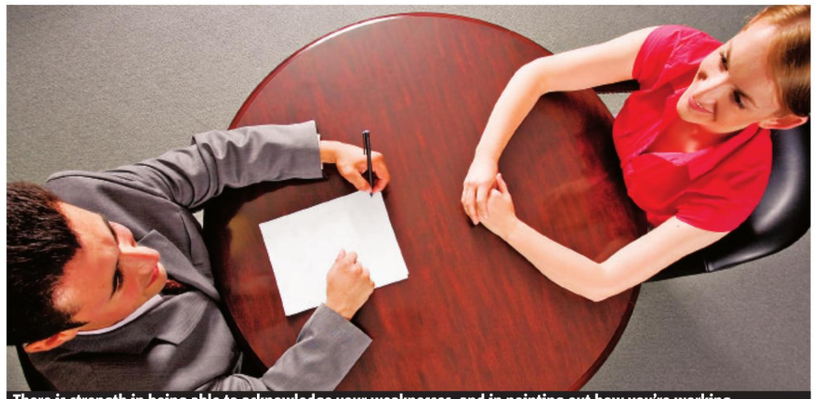
SHAHEERAH KAYAN
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips for preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"
This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weaknesses and are taking action to deal with them will demonstrate that you are proactive and like to take initiative.

"Why do you want to work in this position/work at this company?"
Make sure to research the position and company before the interview. Here, you can talk about why the role interests you and what skills you have that will complement the position. Also talk about what attracted you to the company in the first place, such as opportunities for on-the-job training or the company's social responsibility initiatives.


There is strength in being able to acknowledge your weaknesses, and in pointing out how you're working to improve in those areas. ISTOCK

"Can you describe a difficult obstacle you faced, and how you overcame it?"
This is a classic question because employers want to judge your ability to problem solve and handle tough situations.

Give solid examples of situations where you had to work under pressure, complete a tough assignment or co-operate with problematic team members. Briefly describe the situation and then talk about what steps you took to solve the issue.

Talk about the positive outcomes that resulted, and what you learned from the overall experience.

After the interviewer is done with their questions, they will ask you if you have any questions for them. It's a good idea to say yes (this shows you are genuinely interested), and have some good questions to ask them. Don't ask about salary and don't ask a question you could easily have researched beforehand. Instead, here are some good questions to ask:

- What is the most challenging and fun thing about this position?

Looking forward

"What are your short-term goals (over the next five years)?"

- To answer this, describe your professional goals and then relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

- Is there a particularly challenging area of this position I should be aware of?
- What new projects will I get to assist with?
- What is a typical day on the job like?
- What will happen next in the hiring process?

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DeRozan playing the game right — and left

The Raptors' DeMar DeRozan made it a point during the off-season to strengthen his left hand. RICK MADONIK/TORSTAR NEWS SERVICE

DeMar DeRozan. Raptors all-star arrives in camp with strengthened off-hand and leadership skills

Part of DeMar DeRozan's summer improvement project involved writing out the ABCs for his daughter Diar — with his left hand.

It was a chance to both spend some quality time with his 16-month-old, and to strengthen his weaker hand. All summer long, the Toronto Raptors all-star used his left hand to do things like eat, tie his shoes and carry his bags, all in an effort to become a more versatile player.

"When I was a kid, I would be frustrated, I would always ask my dad why I couldn't do certain things with my left hand that I can do with my right. Just a curious kid. Ever since I was young I always tried to get as comfortable doing stuff with my left hand," DeRozan said Tuesday. "So just reverting back to that, to when I was a kid, getting more comfortable.

"In a game, we naturally want to finish with our right hand, because that's our dominant hand, but just being comfortable doing it with our left hand, if you happen to need it."

The 25-year-old wrote out the alphabet virtually every day during the summer, he said.

"It looked like my daughter's writing," he said, prompting laughter from the couple dozen journalists at training camp.

On whose writing is more legible: "We're neck and neck right now."

More laughter.

DeRozan cracking jokes in front of the cameras says plenty about the once-shy Raptors guard who has evolved into a strong and vocal leader in his five seasons in Toronto. Before the Raptors took to the Air Canada Centre for their opening day of camp Tuesday, coach Dwane Casey gave DeRozan the floor.

DeRozan told his teammates, "Hey, let's have a good practice, this is where we start creating defensive habits, it starts now, not next week or after the first game, it starts today," Casey recounted. "So that was huge too."

"I knew it was going to happen, I just didn't know when, because he was such a quiet kid," Casey said of DeRozan's evolution. "DeMar is a young man, he's a father, a proud father, family man, and a lot of that just goes right into maturity. We all want to rush it, especially in sports, but it something that just takes time."

THE CANADIAN PRESS

Motivation

Sports Illustrated put DeRozan 61st in the league in their pre-season rankings, lowest out of all the returning all-star players.

- He took to Twitter and wrote "Real disrespectful! #ProveEm"

'Deeply sorry.' Phelps apologizes for DUI arrest

Olympic champion Michael Phelps apologized Tuesday for his latest brush with the law, saying he was "deeply sorry to everyone I have let down" with an arrest for DUI.

Police charged the 18-time gold medallist after officers said he was speeding and failed field sobriety tests when pulled over in his native Baltimore early Tuesday.

This is the second time Phelps has been arrested on drunken-driving charges, the first coming in 2004. He also was photographed using a marijuana pipe after the 2008 Beijing Games, which resulted in a three-month suspension from USA Swimming.

THE ASSOCIATED PRESS

Quoted

"I know these words may not mean much right now but I am deeply sorry to everyone I have let down."

Michael Phelps on his arrest for DUI

Figure skating. Chan to skip competition season

Three-time world champion Patrick Chan plans to skip the upcoming figure skating season and return to the competitive circuit for the 2015-16 campaign.

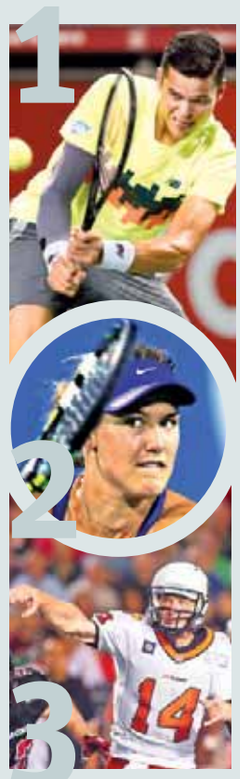
Chan, who took a break from training over the spring and summer while he pondered his future plans, will take part in invitational events and exhibition programs over the coming months.

"My goal is to return to a full competitive schedule after this year," said Chan.

Chan, silver medallist in Sochi behind Japan's Yuzuru Hanyu, did not try to win a fourth straight world title earlier this year. He skipped the event and Hanyu took gold there as well. THE CANADIAN PRESS

Patrick Chan GETTY IMAGES FILE

Sports in pictures



1 Aces up his sleeve. Raonic powers past Australian

Milos Raonic earned a 7-6 (3), 6-3 win over Australian Bernard Tomic on Tuesday to advance to the second round of the Japan Open on the back of 22 aces.

THE CANADIAN PRESS

2 Straight-sets setback. Bouchard bows out in 2nd round

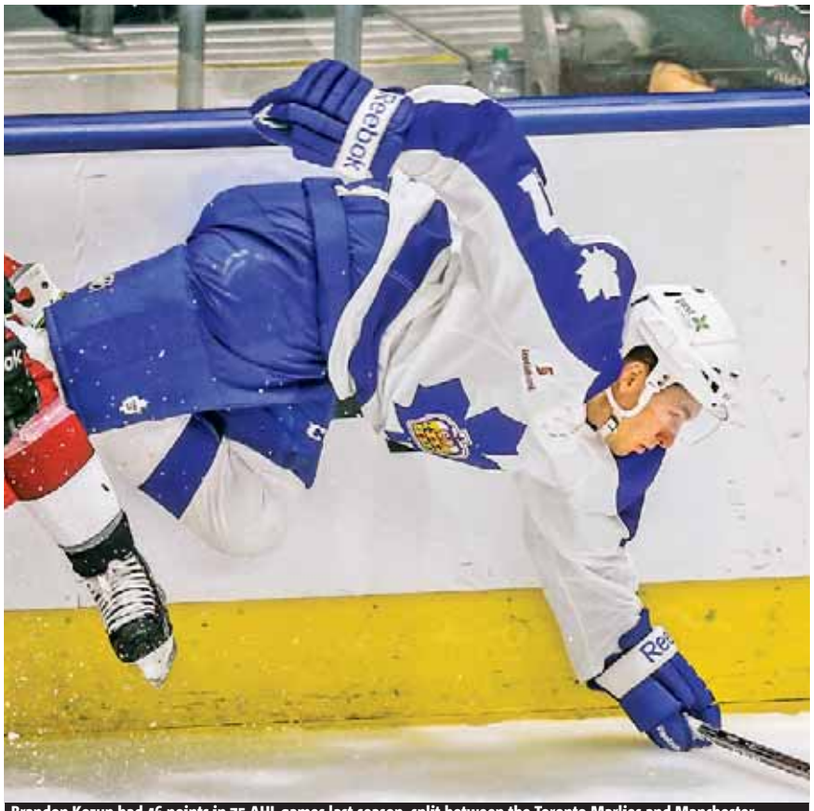
Eugenie Bouchard dropped a 6-2, 6-4 decision to Sabine Lisicki of Germany in second-round play Tuesday at the China Open.

THE ASSOCIATED PRESS

3 Opting for rehab. Lulay leaves door open for 2014 return

B.C. Lions quarterback Travis Lulay has elected to forgo surgery and will continue to rehabilitate his right throwing shoulder as he aims for a late-season return to the lineup.

THE CANADIAN PRESS



Brandon Kozun had 46 points in 75 AHL games last season, split between the Toronto Marlies and Manchester Monarchs. DAVID COOPER/TORSTAR NEWS SERVICE

Kozun trying to defy the odds once again

NHL. With a chip on his shoulder, 5-8 forward's specialty is proving doubters wrong

From Theoren Fleury to Cliff Ronning to Brian Gionta to Brendan Gallagher, the NHL has had its share of small players who bucked the odds and challenged traditional thinking that you have to be big to make it the NHL.

Now the Maple Leafs have Brandon Kozun, a five-foot-eight speedster who is turning heads at camp and giving himself a shot at the NHL with physical play to go with his quickness.

"I'm a small guy," said the 24-year-old Kozun. "But I want to play big."

Kozun is among the 29 Leafs left before final cuts come in the last week of camp. He is on the bubble, to be sure, one of 18 forwards hoping to land one of 13 or 14 spots.

"I'm just trying to get better every day," said Kozun. "We'll see where it goes. So far, so good."

Like the smaller players who came before him, he doesn't take no for an answer. And if you tell him he can't do something, he'll just go out and do it anyway to prove you wrong.

"The one thing I like about him is he has a chip on his shoulder and he wants to prove everybody wrong for all the right reasons," says Dave Lowry, Kozun's coach for three of his four years in major junior.

Kozun was a sixth-round draft pick of the Los Angeles Kings in 2009, after he'd scored 40 goals and 68 assists for Calgary Hitmen.

He continued scoring in the AHL with the Kings' top farm team, the Manchester Monarchs. Last season, the Leafs sent prospect Andrew Crescenzi to the Kings for Kozun, who continued scoring for the Marlies.

Quoted

"Prove the guys right that drafted you. Prove the guys wrong that overlooked you."

Brandon Kozun on his motivation to succeed in the NHL

"I don't think you can expect him to step in here and be an offensive force," says Leafs coach Randy Carlyle. "He has to get comfortable in a role. He is a speedster and he's a smart hockey player."

Carlyle has repeatedly talked up Kozun; he likes his speed and the fact he can be an offensive threat. Carlyle's concern is whether Kozun can get around NHL defencemen, who are bigger and faster and smarter than AHL defencemen.

So far, Kozun has fit in. Carlyle has given him a role with the penalty killers where his speed can be an effective tool.

TORSTAR NEWS SERVICE

PSG no longer firing blanks under Blanc

Paris Saint-Germain set this season's Champions League alight on Tuesday with a thrilling 3-2 victory over Lionel Messi's Barcelona in Group F.

David Luiz and midfielder Marco Verratti scored their first goals for PSG as the French club produced its best performance of the season to defeat a Barcelona lineup that is unbeaten in the Spanish league.

"I'll remember this win, you do the job to experience games like these," said PSG coach Laurent Blanc, who was under pressure after six draws in nine games. "The allure of the Champions League, playing Barcelona at home, it means that you're more motivated. We needed a game like this given the situation we were in."

Luiz put PSG ahead in the 10th minute, with Messi equalizing two minutes later. Poor Barcelona defending allowed Verratti — one of the smallest players on the pitch — to drift in unmarked to head PSG ahead again in the 26th.

"We made a few mistakes at the start and we knew they were very strong on set-pieces," Barcelona coach Luis Enrique said. "I'm not surprised at all. We know the level of this team and they have aspirations to win this competition."

Midfielder Blaise Matuidi finished off a fine move to give PSG a 3-1 lead in the 54th but Barcelona's Brazilian star Neymar replied in the 56th, again exposing PSG's defensive vulnerability after the euphoria of scoring.

Barcelona almost equalized in the 85th when Munir El Haddadi struck the base of the post and then Sandro Ramirez dragged his shot wide in the closing seconds.

THE ASSOCIATED PRESS

metro AR PSG defender Gregory Van der Wiel, left, vies for a ball with Barcelona midfielder Andres Iniesta during their match on Tuesday in Paris. Scan the image with your Metro News app for more results from Tuesday's UEFA Champions League action. MIGUEL MEDINA/AFP/GETTY IMAGES

Women's World Cup

Artificial turf is Plan A for FIFA

Despite the threat of a lawsuit from top players, there is no Plan B beyond playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

FIFA has retained an independent consultant to examine the playing surface at venues in Ottawa, Moncton, Montreal, Winnipeg, Edmonton and Vancouver.

Haenni says playing on approved artificial turf is part of the game.

"It's in the competition regulations and in the laws of the game that artificial turf can be used for any international match including FIFA World Cup qualifiers and has been used for such matches," Haenni said.

THE CANADIAN PRESS

NFL. League says penalty on prayer was wrong call

The NFL said Tuesday that Kansas City Chiefs safety Husain Abdullah should not have been penalized for unsportsmanlike conduct when he dropped to his knees in prayer after an interception.

The NFL rule book prohibits players from celebrating while on the ground, but spokesman Michael Signora wrote in an email Tuesday that the "officiating mechanic in this situation is not to flag a player who goes to the ground as part of religious expression, and as a result, there should have been no penalty on the play."

The flag thrown in the fourth quarter of Kansas City's 41-14 win over the New England Patriots on Monday led to criticism, with many wondering how it was different from players such as former NFLer Tim Tebow dropping to one knee in Christian prayer.

Abdullah is a devout Muslim who took a year off from football to make a pilgrimage to Mecca.

"I don't think it was because of the actual prostration that I got the penalty," Abdullah told The Associated Press afterward. "I think it was because of the slide."

According to Chiefs coach Andy Reid, officials said they had no issue with the prayer, only the celebratory slide.

THE ASSOCIATED PRESS

Kansas City free safety Husain Abdullah was penalized for praying after scoring a touchdown against the Patriots on Monday night. ED ZURGA/THE ASSOCIATED PRESS

2015 Mitsubishi Outlander

- **Type.** Five-door, compact crossover
- **Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- **Transmission.** CVT (automatic), 6-speed Sportronic automatic
- **Price.** $25,998 base, $38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.

The interior is uncluttered, with new soft-touch materials.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

Review. Mitsubishi Outlander remains popular, despite automaker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of crossover utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the Outlander itself, never one to stand out in a crowd, at least visually. All new in 2014, and re-touched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.

Although the base Outlander, the front-drive ES, starts at $25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at $36,198. Our tester was further bolstered with the $2,730 Navigation Package, for an as-tested and meaty price of $38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed for the over-achieving Evolution sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. The SE and GT models come with a third row of seating, but it's super-tight back there.

Lower-level models have less high-tech hardware and fewer gizmos to talk about, but have no problem finding buyers. Outlander outsells many competitors that have more name recognition.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

Compare

1 Ford Escape
Base price: $25,249
Top-selling compact SUV in Canada. Stylish and agile.

2 Honda CRV
Base price:$27,863
Solid and well-designed. Techy and terrific 188-hp engine.

3 Toyota RAV4
Base price: $25,695
Good interior packaging and materials. Secure road manners.

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Lapping the lake with a good sport

Kawasaki ZX-6R.
Crotch-rocket proves surprisingly comfy and nimble on Okanagan's tricky twists and turns

MARISSA BAECKER
drive@metronews.ca

Supersport (a.k.a. crotch-rocket) bikes are designed for one purpose: racing.

Built for speed, the rider triangle is intentionally compact and not necessarily conducive to taller riders. Since I stand 5-11, I have intentionally shied away from them.

But then I spent two days at the California Superbike School in Las Vegas, learning the ropes of supersport riding and developing high-speed cornering and braking skills.

I pushed my limits well beyond what I had been comfortable with and gained invaluable knowledge about what bikes can do, as well as what I can do riding one.

Naturally, I wanted to put my newfound abilities to good use and give supersport riding another shot.

So Barry Wellings, owner of Valley Moto Sport in Kelowna, let me borrow a 2014 Kawasaki ZX-6R ABS, which sells for about $12,500.

"There are no miles on it, so watch the tires," he warned. "The guys just put it together. They don't stick around very long, riders love this model."

Standing before me was a brand new, sexy, full-fairing motorcycle in pearl flat crystal white (which matched my Alpinestars leathers and Arai helmet beautifully), with flat black accents.

Once seated in the 32.7-inch-high saddle, I was pleasantly surprised by how well I fit the bike. My thighs moulded right below the bevelled tank as my knees gripped either side.

After a few kilometres on the road, I was even more surprised with the comfortable angle of my wrists, and how natural it was to keep my elbows tucked in. Steering was effortless and I truly felt at one with the bike.

A quick fill-up and I was off for a 2-1/2-hour lap around Okanagan Lake, including 70 kilometres of twisties along the thrilling Westside Road.

As I opened the throttle on the highway, this middleweight was quick to let me know that its 636-cc liquid-cooled in-line four-cylinder four-stroke engine produces enough torque to kick-start my heart.

After a half hour of sweeping curves and spectacular scenery above Kalamalka Lake, I settled in without any complaints from my body.

At the head of the lake, I made a turn onto Westside Road. There are several warning signs along this stretch reminding motorists of the tricky navigation, which is what makes it so enticing to motorcycle riders.

Riding fast with your hair on fire is not required to fully enjoy this piece of fresh pavement.

Those who have tried, and failed, are honoured with makeshift memorials, at several points along the road.

I kept a good pace within my limits and was exhilarated with the handling and performance of the ZX-6R. The traction control gave me peace of mind, the ABS evenly slowed the bike down entering the curves, and the low- to mid-range torque consistently pulled me out of the tight corners. The bike weighs about 430 pounds, but rides like it's half that.

I pulled into the parking lot where Wellings was waiting with another eager rider.

"The tires are warmed up," I smiled.

I called him later to try to arrange more photos of the ZX-6R, and wasn't surprised to discover it had been sold.

Warning signs dot the roads around Okanagan, making them all the more enticing to motorcyclists. MARISSA BAECKER

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Ramping up the damp for Camaro Z/28

Driving Force. High-performance version of Chevy sports car needed more dynamic handling for the racetrack

JIL MCINTOSH
drive@metronews.ca

Engineering specialist Anthony Lyscio helped develop a suspension damping system for the Camaro. JIL MCINTOSH

Shock absorbers and struts play an essential role in keeping your vehicle safely on the road.

They absorb bumps and help keep your tires firmly planted on the road, but there are high-performance versions that stiffen the ride and allow for more dynamic handling on sports cars.

The Chevrolet Camaro Z/28 uses a new system, called Dynamic Suspension Spool Valve (DSSV) Dampers, intended to improve the car's handling during intense use on a racetrack.

"We identified a need and looked at what systems were out there, but they didn't do the job we wanted to accomplish," says Anthony Lyscio, an engineering specialist at GM's Canadian Regional Engineering Centre in Oshawa, which created the DSSV system. "We couldn't solve it with (existing systems), so we came up with our own invention."

When you go over a bump, the vehicle's springs absorb the impact to give you a comfortable ride. But, on their own, they would continue to bounce the car up and down. The shock absorbers dissipate this energy to reduce the bouncing and keep the car under control.

Most of them are essentially hollow tubes filled with oil and bolted between the frame and the wheel. Inside is a piston that contains tiny holes. Oil passes through these holes as the piston moves in and out, slowing its movement and controlling the car's bounce.

This is known as damping, which is why shocks are also called dampers. The rate at which the oil passes through helps to determine how softly or firmly the car will ride.

Most shock absorber pistons use flexible steel discs to control the internal oil flow, but the DSSV system uses a spool valve with laser-cut ports, which allow additional oil flow when required.

The ports provide more consistent operation than a shock absorber with steel discs, and allow the engineers to "tune" the shock for the car's high-performance ride and handling.

How the suspension is tuned depends on the vehicle. Everyday cars have a softer ride for comfort, but sports cars need firm suspension to help the driver with control on hard curves and at high speeds.

The Z/28 also comes with stiffer springs than a regular Camaro, which give a harsher ride but provide even better performance on a track.

The spool valve already existed — created by auto parts supplier Multimatic and used in motorsports. Lyscio's team had to take the technology and adapt it to the car.

"I like to say I can do the impossible, it just takes me longer," he says. "It's rare that there's something completely new. More often than not, it's taking pieces of existing things and combining them differently."

Bouncing is bad

- Struts work similarly to shocks to control energy, but they are also an integral part of the vehicle's suspension system. The two are not interchangeable.
- Shock absorbers eventually wear out and should be replaced if they start to leak or no longer adequately control movement.
- A bouncy car is dangerous because the tires momentarily lose contact with the pavement, which can result in loss of steering control.

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RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ∞Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between October 1 and October 31, 2014 (except 2015MY Cadillac Escalade). Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $750 credit available on all eligible Chevrolet, Buick GMC vehicles; $1,000 credit available on all Cadillac vehicles (except 2015MY Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). 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Shift: Hybrids, technology and the environment

Tesla factory will cut battery-production costs

Tesla Motors' newly announced multi-billion dollar gigafactory near Reno, Nev., will single-handedly make more lithium ion batteries than any plant in the world, says CEO and founder, Elon Musk. Vital to Tesla's goal of mass-market electric car sales, the $5-billion state-of-the-art plant is designed to drive down lithium ion cell production costs by as much as 30 per cent, Musk said. The California-based auto maker intends to accelerate the production of its Tesla electric cars to "hundreds of thousands" of units per year from its current annual output of about 35,000. Aside from the plant's massive size, it will be able to generate all its power needs on-site from wind, solar and geothermal systems. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**

The state-of-the-art battery factory Tesla plans for Nevada will cost $5 billion to build, but will generate all the power it needs through on-site wind, solar and geothermal systems.

Mini truck opens possibilities

Japan's oldest automaker, Daihatsu, has developed a zero-emission mini flatbed truck that creates its own electricity from a liquid combination of hydrogen and nitrogen.

The automaker claims its liquid-fuel-cell system offers a high power density similar to that of hydrogen, but because the mixture renders the fuel liquid, it's easier to handle and transport than hydrogen gas.

The FC Deco Deck Concept's fuel system is simple, compact and low-cost to produce, and doesn't require the use of any precious metals (a big part of the cost of hydrogen fuel cells).

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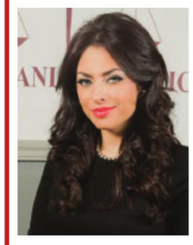

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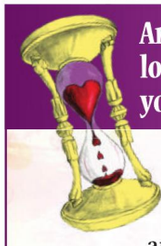

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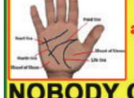

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus
April 21 - May 21
You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini
May 22 - June 21
Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer
June 22 - July 23
This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo
July 24 - Aug. 23
If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo
Aug. 24 - Sept. 23
Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra
Sept. 24 - Oct. 23
You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio
Oct. 24 - Nov. 22
What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

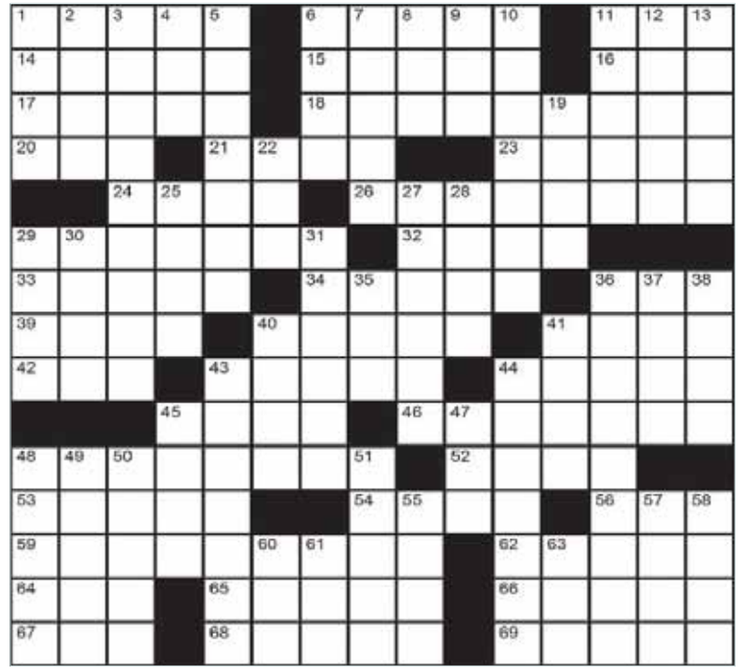
♐ Sagittarius
Nov. 23 - Dec. 21
Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn
Dec. 22 - Jan. 20
Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces
Feb. 20 - March 20
You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Bite into, puppy-style: 2 wds.
6. Fibre-__ cable
11. Noncom. officer
14. Irish tune: "Robin __"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "__ d'arte"
18. Manitoba's motto, '__ et liber'
20. Hitherto
21. Hillside
23. "Danke __!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty __
29. Museum bigwig
32. Puccini aria: "_ __ Babbino Caro"
33. Ms. Potts
34. Inert gas
36. _-d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. __ __ water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band
52. Deep __ bend (Gym move)
53. Out on _ __
54. __ sign (Bright advertisement)
56. Simon & Garfunkel's "__. Robinson"
59. Lynryd Skynyrd song that goes "All that you need is in your soul.": 2 wds.
62. Anticipate
64. __ kwon do
65. Strain
66. Cacophonic
67. -enne relative
68. Condemns
69. Classic communication system

Down

1. Village People's "In the __"
2. "Thus with a kiss _ __." - Romeo
3. Harley __, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood
6. Actress Ms. Kurylenko
7. The __ Diet ('Caveman' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf
12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai __
27. Depart the Web: 2 wds.
28. "__ __ next!" (Performer's exclamation)
29. Coke containers
30. Division
31. New York __, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato __
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1						5	2	
	4	2			1			
		5			9	3		
8				6			7	
	5	7				4	1	
	1			7				5
		3	7			2		
			3			7	6	
	9	8						3

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

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Rio4 SX with Navigation shown^Δ Cash purchase price $22,514
hwy / city 100km^: 5.3L/7.3L

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WELL-EQUIPPED FROM **$13,014**≠

INCLUDING $4,500† IN CASH CREDIT

Forte SX shown^Δ Cash purchase price $26,814
hwy / city 100km^: 5.3L/8.0L

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INCLUDING $4,500† IN CASH CREDIT

Sorento EX shown^Δ Cash purchase price $33,494
hwy / city 100km^: 9.0L/12.7L

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Rondo EX Luxury 7-seat shown^Δ

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Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from October 1 to 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $5 OMVIC fee, $29 tire tax, other taxes, environmental fee, and $100 A/C charge (where applicable). Excludes licensing, registration, insurance, variable dealer administration fees (up to $399), fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Cash purchase price offer for the new 2015 Rio LX MT (RO541F)/2015 Forte LX MT (FO541F)/2015 Sorento 2.4L LX AT (SR75BF) with a selling price of $12,014/$13,014/$24,294 includes delivery and destination fees of up to $1,665, $5 OMVIC fee, tire tax of $29, $100 A/C charge (where applicable) and a $3,600/$4,500/$4,500 cash rebate. See retailer for complete details. †Cash rebate amounts are offered on select 2014/2015 models and are deducted from the negotiated cash purchase price before taxes. Available on cash purchase offer only. Offer varies by trim. Certain conditions apply. Offer ends October 31, 2014. See your dealer for complete details. *Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. $6,000/$5,000/$5,000/$5,500 maximum cash bonus amount only available on the 2014 Sedona LX Convenience (SD752E)/2014 Optima SX AT (OP749E)/2014 Sportage SX AT (SP758E)/2014 Rondo EX Luxury 7-seat (RN757E). ^Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Rio4 SX with Navigation (RO749F)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury 7-seat (RN757E)/2014 Optima SX Turbo AT (OP748E)/2015 Sorento 3.3L EX AT AWD (SR75HF) is $26,695/$22,395/$38,295/$30,795/$34,795/$34,495. ^ Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sorento LX 2.4L GDI 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study℠. Study based on responses from 86,118 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.